

3/31/70

Dear Phil and Gary,

Saw the doctor today. No examination (save for stethoscope on both sides neck, notch), just a little chat, followed by head X-rays and EEE next week.

He apparently does not expect these two produce anything but they are, as Gary told me two months ago, customary. If indicated thereafter, a neurological exam.

Because these are the norm, including the neuro, I can only wonder why there were not done two months ago, at the time of the blackout. Perhaps there'd have been a bit less anxiety if they had been.

He did not really go into the possibilities, but apparently because I told him I was aware of some, none of them pleasant, and because I believe apprehension feeds the anxiety, he did indicate either the possibility or what I rather took as a probability, that something had cut off the blood supply to the brain, a possibility being a clot.

He is Indian and I had trouble understanding him. One other possibility is another test with a longer name, the only thing I got sounding something like "hand".

Medication was changed to Valium twice a day to see if it seems to do more than the meprobamate (a question I had raised only six weeks ago).

If there is reason to believe there may be a clot, there will be blood-thinning medication.

As I'd presumed, having heard nothing, the sugar-tolerance test was normal.

Now I've had my own experience with a non-tranquilizing tranquilizer I pass on to you, for whatever unscientific value it has or may have.

Lil finishes work tired and tense. So, when I bring her home, before supper I've been giving her a glass of wine and taking one myself. In the past I've been a heavy drinker. Recently I've drunk little. In sitting and sipping the wine with Lil I've found more tranquilizing effect than from the drug. Sometimes I even have a second before bed...Does wine have the value? Is it known or do I imagine it?

Several days the end of last week were nice and I spent most of them in vigorous outdoors work. That was good, too.

Phil, thanks for your note of the 27th. There will be more summers.

And flippantly as you say it, there is no escape in stowing away, for Canada or elsewhere. There is, in fact, no escape. Only doing something, no matter how little, does any good. A peace sticker on an envelope, a poem, a talk or a speech - whatever one feels. Because I believe things are worse than most people do and regard these in power as worse than Birchers, I hope more people will find more ways of doing more things to help preserve what freedom remains, to slow yhr attrition. Me, I'm suing the bastards. Even Thoreau didn't do that!

Best to you all, and again my sincere thanks.